

Cape Cod National Seashore

National Park Service
U.S. Department of the Interior



Ranger-Guided Activities, April 2004



SALT POND VISITOR CENTER

OPEN DAILY 9 TO 4:30 PM, OFF ROUTE 6,
EASTHAM. 508 255 - 3421

During the major rehabilitation of the center (scheduled to be completed in summer 2004) visitors to Salt Pond are being served from a small temporary visitor center and bookstore located in the parking area. Staff are on duty to assist with trip planning, and a variety of books, maps, puzzles, games and other interpretive items are available for sale. Portable toilets are available. Bus parking is limited. The bicycle trail and Nauset Marsh and Buttonbush Trails are open. Check at the temporary center for detours that may be in effect.

PROVINCE LANDS VISITOR CENTER

OPEN DAILY BEGINNING MAY 1, OFF RACE POINT
ROAD, PROVINCETOWN. 508 487 - 1256

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree views, a small exhibit area, showings of park orientation films on the hour (9-4), staff on duty to assist with trip planning, and sales of books, maps, puzzles, games and other interpretive items. Restrooms with flush toilets and sinks are available in the parking area. The Province Lands Bike Trail and Race Point Beach are nearby.

Re-opens May 1, 2004.

Saturdays

TOUR: CAPTAIN EDWARD PENNIMAN HOUSE - 11 A.M., 1 hour. Free, April 17 and 24 only. Explore the interior of this historic home at Fort Hill in Eastham. Learn about this whaling captain and his well-traveled family. **By RESERVATION ONLY. CALL SALT POND VISITOR CENTER AT 508 255- 3421.**

WALK: THE BEACH IS MOVING - 2 P.M., 2 to 3 hours, up to 2 miles. Free, April 17 and 24 only. Discover how the beach is moving, where the sand is going, and what the future holds for this **“great beach.”** Meet at Coast Guard Beach parking area, Eastham.

SURFCASTING LESSON on the OCEAN in EASTHAM - 9:30 A.M., 2 hours. Fee program, April 24 only. Learn the basics of how to fish along the beach and a little about the fish you hope to catch. **ALL EQUIPMENT AND INSTRUCTION PROVIDED. \$15 PER PERSON (ADULT OR CHILD). TICKETS MUST BE PURCHASED IN ADVANCE EITHER IN PERSON OR BY PHONE WITH A CREDIT CARD. CALL SALT POND VISITOR CENTER 508 255 - 3421 FOR RESERVATIONS AND LOCATION.**

EARTH DAY PROJECT - 9 to 11:30 A.M., Free, April 17 only. Celebrate **Earth Day** and our beautiful seashore park! Join **Friends of the Cape Cod National Seashore** for a clean-up project along park roadways and at beach parking areas. This is a great family activity to help build a stewardship ethic. Meet leaders at LeCount Hollow Beach parking area in Wellfleet, or Nauset Light Beach parking area in Eastham at 9 am. Bring gloves. Parents must remain with children.

RADIO EVENT: OPEN HOUSE at the COAST GUARD STATION, COAST GUARD BEACH, EASTHAM - 10 A.M. to 3 P.M., Free, April 24 only. Join Cape Cod National Seashore and local amateur radio operators as they make two-way, global radio contacts. **International Marconi Day** is celebrated each year around the world to honor Guglielmo Marconi, born April 25, 1874, and the contributions he made to communications technology.

Sundays

WALK: NATURE'S BOUNTY - 11 A.M., 1½ hours, 1½ miles. Free, April 18 only. Learn which foods and other resources were used by Native Americans and early Europeans. Examine how people throughout the centuries have cared for the land and life it supports. Meet at Hemenway Town Landing, one road north of Fort Hill off Route 6, Eastham.

TOUR: THREE SISTERS LIGHTHOUSES - 2 P.M., 1 hour, ½ mile. Free, April 18 and 25 only. These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at northeast corner of Nauset Light Beach parking area, Eastham.

WALK: VERNAL VENTURES at the ATLANTIC WHITE CEDAR SWAMP - 11 A.M., 1½ hours, 1½ miles. Free, April 25 only. Explore one of the park's popular wetland trails and search for signs of spring. Look for things that bud, flower, fly, walk or swim. Bring binoculars, if you have them, and your favorite field guides. Meet at the Marconi Station Site parking area, Wellfleet. **Call Salt Pond Visitor Center, 508 255- 3421, in case of inclement weather.**



**CELEBRATE
NATIONAL PARK WEEK
APRIL 18TH THROUGH 24TH**

Mondays

WALK: VERNAL VENTURES at the RED MAPLE SWAMP TRAIL - 2 P.M., 1 hour, 1 mile. Free, April 19 only. Explore one of the park’s more popular wetland trails and search for signs of spring. Look for things that bud, flower, fly, walk or swim. Bring binoculars, if you have them, and your favorite field guides. Meet at the Fort Hill parking area nearest the Penniman House, Eastham.

WALK: NIGHTLIFE - 7:30 pm, 1½ to 2 hours, .75 miles. Free, April 19 only. Experience dusk and the onset of nighttime while exploring the signs, sights and sounds of the natural world. Frogs, woodcocks, other birds, and tracks of mammals are a few examples of what might be seen or heard during this guided walk. Take the Truro Center/Pamet Roads exit off Route 6. Follow North Pamet Road to the end. Meet at the parking area adjacent to the Environmental Education Center on the right.



Tuesdays

WALK: RIVER HERRING RECONNOITER - 9 A.M., 3 hours. Fee program. April 20 only. (Rain date Thursday, April 22 at 1 P.M.) Paddle the Herring River in search of the anadromous river herring as they return to Wellfleet’s ponds to spawn. Bring drinking water, a snack and be prepared to get wet. **ALL EQUIPMENT AND INSTRUCTION PROVIDED. \$20 PER ADULT, \$12 PER PERSON 16 AND UNDER. TICKETS MUST BE PURCHASED IN ADVANCE EITHER IN PERSON OR BY PHONE WITH A CREDIT CARD. CALL SALT POND VISITOR CENTER 508 255 - 3421 FOR RESERVATIONS AND LOCATION DIRECTIONS.**

Visit our website at www.nps.gov/caco

Wednesdays

SQUISHY, SLIMY, AND STINKY: WHAT LIVES IN THE MARSH? - 10 A.M., 1 hour, ½ to 1 mile. Free, April 21 only. Find and identify the plants and animals that live within the intertidal zone of a salt marsh. Study the life of a marsh and the survival techniques of its inhabitants. Meet at Great Island parking area, Wellfleet. Wear shoes that can get wet and be prepared to get a little muddy.



KNOT NOW! - 2 P.M., 45 minutes, Free, April 21 only. Join us at Salt Pond Visitor Center and learn a few nautical knots. From bowlines to sheetbends, you’ll never stop practicing once you learn the basics. Space is limited. Please call the Salt Pond Visitor Center at 508 255- 3421 to register.

Thursdays

WALK and TALK: THE RISING SEA - THE CHANGING OF CAPE COD’S COAST - 10 A.M., 2 hours, 1 to 2 miles. Free, April 22 only. Discover what scientists are doing to study climate change, the impacts of sea level rise, and how these changes could eventually impact our coastal ecosystems. Presented in cooperation with Waquoit Bay National Estuarine Research Reserve, this program is part of the worldwide Earth Day celebration. Meet at the Doane Picnic Area, off Nauset Road, Eastham.

HIKE: EXPLORE YOUR PARK - “THE PLAINS OF NAUSET” - 9:30 A.M., 3 hours, 3 to 4 miles. Free, April 29 only. Join a ranger for a hike through the plains of Nauset. Learn about Thoreau’s transcendentalist philosophy and discuss literary works of Emerson, Hawthorne, and Fuller. Meet at Doane Picnic Area, off Nauset Road, Eastham. Wear comfortable walking shoes, sunscreen and bug spray.

Fridays

WALK: ANIMAL TRACKS AND SIGNS - 10 A.M., 2 hours, 1½ miles. Free, April 23 only. Learn to identify tracks and signs left by local wildlife, as a way to understand wildlife interactions in the natural world. We will use some basic tools and skills to identify the variety of life on the inside of a barrier beach. Meet at the far end of the parking area at Nauset Beach in **Orleans**. Take Beach Road in Orleans (an extension of Main Street) east to its end.

TIPS FOR SPRING VISITORS

- ◆ Avoid contact with insects. Deer ticks may carry Lyme disease. Stay on trails, out of tall grasses and inspect clothes and skin. Use repellent and wear proper clothing. Avoid browntail moth “tents” on vegetation.
- ◆ Hunting is permitted within Cape Cod National Seashore. Ask for a brochure about hunting opportunities and restrictions.
- ◆ Seasonal restrooms at trail heads and beaches are re- opening on a staggered schedule and may be closed. Restrooms are open at Salt Pond (portable) and Province Lands Visitor Centers.



Join us for **Explore Your Park**, a series of hikes to off-the-beaten-path places in Cape

Cod National Seashore. Locations vary and may include: Freshbrook Village, Great Island, Paradise Valley, the ponds area in Wellfleet, and Nauset Spit in Orleans. Free, Thursdays from April 29 through May 27, at varying times. Call Salt Pond Visitor Center at 508 255 - 3421 for specifics, or check www.nps.gov/caco and click on “Activities.”

